

FIRST ISSUE

CAMBRIDGE REGION

**MAGAZINE
OF THE
GROWING
MINORITY**

40¢

ECOLOGY

ENERGY CONSERVATION

NATURAL HEALING

PERSONAL GROWTH

Green Wave

MARCH-APRIL '84

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Gestalt

COUPLES EVENT

Sat. 24th March 6-8 p.m.
 Sun. 25th March 10am - 3pm
 Fri. 30th March 6-8 p.m.
 Sat. 31st March 10am - 3pm
 6 sessions £30

DREAM WORKSHOP 18/19/20 MAY

ONGOING GROUP

Starting Mon. eve 21st May
 6 - 8 p.m.

Contact: Helen McLean,
 13 Oxford Rd, Cambridge.
 Phone: 350649

POLARITY THERAPY

A preventative, wholistic
 approach to health care, based
 on techniques of

PRESSURE POINT MANIPULATION
 ENERGY BALANCING EXERCISES
 HEALTH BUILDING DIETS

and explores the relationship
 between mind and body

Contact Cathy Squire RMN PT
 Mon. C 242828 Thurs. 62691
 Other times: C. 247004

THE MADNESS

Experts promise growth - We get recession.
We're armed to the teeth - And feel less secure.
Health care costs millions - and still fails to cure.

Next month's pay cheque's all been spent
We're wondering where the pleasure went.
The TV says "consume consume"
Our bodies groan at yet more junk.
Twelve years schooling, and maybe more
We're left wondering what we're for.

A GROWING MINORITY

Throughout this century a growing minority have been working alone or in groups on a range of seemingly distinct issues:- Ecology and Environment; Peace and Non-Violence; Sexual Equality; Animal Rights; Meditation and Personal Growth; Natural Health; the Supernatural; Wholefood diet and Organic Growing, each believing that their issue was the issue to solve the madness.

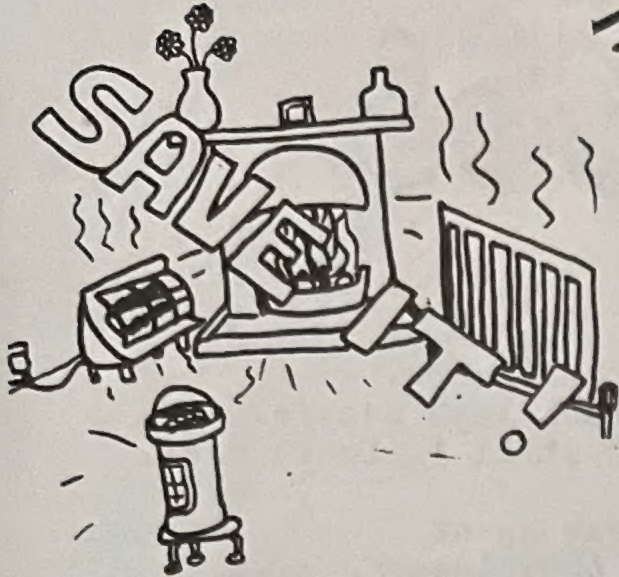
THE RISING CULTURE

Recently more and more people have started to see the interconnections - what it all adds up to is a whole new way of looking at the world - a new way to live our lives - it is nothing less than a cultural change rising up as people change the way they think and the way they act. Some call it the Alternative, some the Green Movement, some the Age of Aquarius, some the ecological or holistic view.

GREENWAVE

In Cambridge Region, whatever you call it, Greenwave is the magazine of the rising culture, written by people who live round here, telling you what's happening round here, so that more can be done round here to stop the madness.

Energy Action



by ANDY BROWN

Year after year Friends of the Earth adopts a variant of the same slogan - 'wrap up warm'!

Energy is expensive. Keeping the heat in will reduce your fuel bills. However, energy costs more than just the quarterly bill or the coin in the slot.

There are social and environmental costs too - the health and safety of miners and North Sea oil workers; the damage caused by acid rain; the risks of the nuclear power program. There is no doubt that with a political will, energy could be produced more cheaply and safely, but you will be helping others if you can cut your own fuel bills.

Keeping the heat in will also keep the cold out. Insulation will allow a house to warm up more evenly and reducing draughts will make it seem even warmer. A few simple measures can make a huge difference.

Help for those who need it

Since 1978 FOE has been running insulation schemes to do some of this work for the elderly and those who are unable or cannot afford to do it themselves. The Chancellor's Autumn budget put an end to the latest proposal, by freezing Manpower Services Commission spending and FOE's hopes for a project within the Community Programme. However, Cambridge City Council also think it important and are backing a scaled down version of the project. We are hoping to draught proof up to 200 houses during this winter. We will also help arrange loft insulation grants and give advice on heating and insulation.

Doing it Yourself -

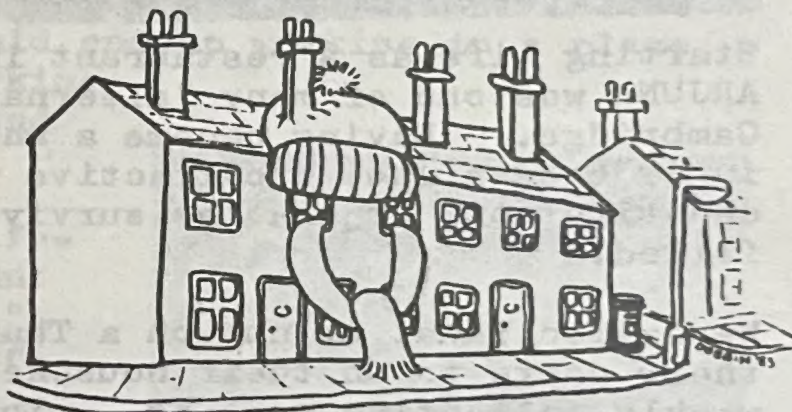
Wrapping up your house can be extremely cheap and requires little skill.



You can also do some efficient and elegant jobs without needing a bank loan. In fact if a job is expensive, you may need to do some sums if you wish to justify it on energy terms alone. However, you have to do a lot of things before you run out of projects that will repay their costs within four or five years.

Here are a few quick and simple words of advice:

1. Wrap yourself up warm! Don't turn up the heat if you could put on more clothing.
2. 'Think energy' - remember all the little things that save energy. Close doors to unheated rooms, turn off lights, close all your curtains when it gets dark, turn off your heating 15 minutes (or more) before going out or to bed.
3. Windows, doors, letterboxes and keyholes, loft hatches and floor boards are just a few things that let in the cold outside. Block up any draughts, even if you have to overcome your 'fresh air is healthy' instincts! When you close your windows for the winter, seal them up with masking tape.
4. Insulate your loft. There are still lots to be done in Cambridge. Getting an insulation grant is easy and the form comes with all the information you need and a 'how to do it' (or get it done) booklet. Phone the Guildhall or call in to the FOE office for one.
5. Remember that a well insulated house will need less heat. Check that the controls and thermostat on your central heating are adjusted correctly. Turn gas fires down lower than you used to. Fires without thermostats or variable controls may need to be turned off from time to time.
6. If you have any cash left after Christmas you could go shopping. Most hardware stores have a collec-



tion of draught preventers and secondary glazing kits, most with instructions. Call in to the FOE office and see what other ideas there are.

We have two cheap booklets 'How to win at Draughts' and '50 Energy Savers which are cheap to use'. In preparation is a leaflet of our own listing the best insulating materials and where to get them in Cambridge, plus further useful reading. We also stock some useful items ourselves.

FOE office and shop:

The Bath House, Gwydir Street, Camb.

OPEN: 12 - 3 p.m. Monday - Friday

ARJUNA wholefoods

Starting life as a restaurant in the early seventies, ARJUNA was one of many 'alternative' enterprises in Cambridge. Having become a whole-food shop, and then in 1976 been made a collective with its own written constitution, Arjuna has survived where many others failed.

We called in at Arjuna on a Thursday, the day they close their doors to do their housekeeping and have their weekly collective meeting. This is when all the major decision-making gets done, and this weeks meeting had been rather ^{heavy} going. People dispersed to unwind and get some fresh air while we wrestled with the mysteries of the tape machine. Technical hitches resolved, the group reassembled and we started with what we hoped were the simple questions - like why is Arjuna called Arjuna ?

Kev told us "Arjuna was a friend of Krishna in the Bhagavad Gita - one of the Hindu scripts, a sort of Indian 'Bible' " - he guessed that the people who had started the shop had found Hinduism a source of inspiration and so named it after the friend of the Hindu god. Jo, one of the two nutritionists working in the shop added: "it's also the name of an African rejuvenating herb ... so that's quite appropriate I suppose."

It soon became easy to see why meetings could be quite intense - working at Arjuna is a lot more than 'just a job' for the sixteen full-time workers there. For Penny, being at Arjuna means " being accepted for what I am, whereas in a straight job I suffered a lot from sexism and being labelled a 'weirdo', not being able to come out at work, whereas here it's quite O.K." "When it's good, it's very, very good and when it's bad it's rotten" said Audrey, and Chris added "it's not often that bad though it's nearer high than it is low most of the time there's usually quite a pleasant atmosphere."

Jo said "I think everybody who comes here gains from the fact that you can learn accounting, you do ordering you learn stock-taking you can learn all the business skills and from my point of view there are so many wholefoods here, I can try out all sorts of cookery that I can then teach people and show that you can do really attractive things with wholefoods."

For some people it was important to them that they were working in a co-op, though Chris said when he had joined "I didn't really know much about co-ops it seemed fairly natural that I should end up working in a place like this, rather than working in an office with a suit and tie."

As Viv pointed out "our lifestyles limited by the amount of money we pay ourselves." At £1.40 an hour for a four-day week, nobody seemed to feel it was enough, though having sixteen workers means the wage bill is a high proportion of the overall budget. Their current warehouse project and plans to expand the shop are adding an extra strain on finances.

Chris pointed out, in this respect, that they had a book by the till for customers ideas "what people would like to see in the new shop" but also generally "it's good to know how accurately we can



6 predict what people want from Arjuna and what they don't want." "We get feed-back verbally from the customers" Les said "but we could stand to get a bit more." Generally they'd like to know people's reactions to the way the shop operates - and on what is or isn't stocked. Audrey said "some people do dissapprove of us selling as much tea and coffee as we do" but some decisions are not made on purely nutritional grounds. Audrey went on "we try not to deal with firms who import South African products" and Viv added "we deal with co-operatives as much as possible and with the World Development Movement and Tradecraft - but they're definite decisions which would go against the grain as far as nutrition is concerned."

Being able to discuss such decisions together is obviously an important part of the attraction or working there for many of the Arjuna workers, and just talking to them for the brief time of the interview, we came away with an impression of just how stimulating that could be. We asked them if, out of all their various experiences together, they could think of any particular high point. Kev remembered a really lovely Christmas party, but Chris thought the high-point was still to come ... "when the warehouse opens and we're still here and we still have a business to carry on with I think that'll probably be quite a high point."



Interview over, we thanked them all and headed for home, wondering whether or not the tape machine had actually picked up any of their answers!

ARJUNA have recently published a new wholefood cookery book - it's available from the shop at 12 MILL ROAD.

Rebirthing

7

- AN ARTICLE BY TONY
AND ANDREA MELLOWS

Rebirthing is the gentle art of conscious connected breathing, which opens you to love, healing and your inner truth. It is a vital technique for everyone, and is one of the ways in which women and men can rediscover their spiritual nature and purpose in life. At first you need a Rebirther - a trained professional guide - to assist you through several breathing sessions while you experience Prana - life energy - operating in your body, mind and soul in this new way. In these first sessions many people get in touch with and release primary fears and emotions locked within the body since the first trauma of birth, and the effect of this gentle breathing rhythm is such that each session ends with a feeling of love, relaxation and peace.

Rebirthing goes hand-in-hand with a new awareness of our thoughts and beliefs, and a gradual realisation and understanding of how our beliefs affect our experience of ourselves, our relationships and our world. Rebirthers are therefore practised in the intuitive art of suggesting new thoughts to substitute for old ones which no longer serve us in the present.

Rebirthing is not a religion or a dogma - it is one of the many techniques for self-improvement and self-awareness, one which can show you the way to safely dropping your old limitations and experience and express more of who you really are.



It is not only a therapy undertaken in private sessions. Many rebirthers lead workshops or seminars where the energy of a group enables individuals to come to a new understanding of themselves. In our case, we give seminars on Relationships and seminars on Peace.



8 RELATIONSHIPS

Relationships are your connection and interaction with family, friends, working partners, trees, cars, money, food - everything you come into contact with. The experience of pleasure and satisfaction in your relationships is probably the most important thing in your life. We all want loving, nourishing and harmonious relationships. Often, however, they turn into a bewildering maze of judgements, criticism and confusion in which we feel limited in our ability to live and love to the full. There are ways out of this maze - ways to a new understanding of relationship, and ways to experience an easier flow of life.

PEACE

Working for peace is now the most important job being done on the planet. Awareness of what's going on in the world and the courage to stand up and be counted have never been more needed.

Many peace workers are finding, though, that whilst we all know what we don't want, there can be a lot of confusion about what we do want and the most effective way of going about getting it. There is a dawning realisation, as the worldwide Peace Movement gathers strength and momentum, that just saying no is not enough. If we don't actually like people very much and are not willing to see the best in them and understand their viewpoint, then we are doing more than we realise to perpetuate the old struggle, conflict and mistrust games that the human race has been caught up in for centuries. If we don't have peace in our own lives, between family, friends, co-workers, - peace as a result of love and trust, not the compromise which results from fear of conflict, but real ease with ourselves and others - how on Earth can we expect the worlds political leaders (individuals from very different cultures) to drop their defences and co-operate with and support each other? The defensive, rigid attitudes of governments are but reflections of a whole society's outdated way of thinking and relating, and of our own fears of openness and expression of love for others. We have all learnt and live out these attitudes in some way or another, and can and must unlearn them if we are to create a future worth living in.

Underlying all the differences of emphasis possible in workshops and individual sessions there are several

powerful truths that are vital to any growth in aware- 9
ness and effectiveness. The first is the ultimate truth
that thought is creative. Consciousness creates form.
We are what we think we are - we can do what we think we
can do - our perception of the world creates our reality.
The second is the principle of Truth, Simplicity and Love.
It is not difficult to see that the lack of these princi-
ples is damaging our chances of living harmoniously in an
abundant world, nor to recognise how easy things could be
if all people behaved and spoke truthfully, simply and
lovingly. You can call rebirthing a structure for spiri-
tual enlightenment, or a tool for practical prosperous
living - it doesn't make any difference what you call it.
It's something that hundreds of thousands of people have
awakened to and it works.

If you want to know about rebirthing, the Rebirthing
Society, 21 Streets Heath, West End, Woking, Surrey,
can send you the current newsletter of the society and
a booklist of books and tapes you can buy.

Tony and Andrea Mellows can be contacted at 01-318-3808

Have you sent off your subscription?

see pages 35/36

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A 'green' outlook on life grows out of an understanding of, and an attunement to the environment. That the green movement generally is on the right track is amply evidenced by the richness and diversity of ideas to have evolved out of it during the past two decades. Some of these ideas - coca-cola tins for emergency housing, windmills on every roof for domestic power for example - are akin to those colourful colonisers of freshly disturbed ground such as the poppy or speedwell. They flourish quickly for a while and then move on.

Coca-cola tins haven't turned out to be useful for very much else except melting down and using again; windmills on every roof would mirror the rash of TV aerials and electricity pylons we already have to bear with.

Farming in the cities is quite an old idea and one which has, in fact, even attained some degree of respectability in recent years. Most of the people we have spoken to have a hazy awareness that City Farms have been tried out in practice here and there in Britain. "Oh yes, didn't they try that in Bristol? Or was it Barnsley?" might be the response of your average environmentalist-in-the-street. Surprisingly, there are over 30 City Farms in full swing in Britain ranging in size from half an acre to over 50 acres. There is even a national federation of city farms which can provide practical help and support to newly formed groups such as ours.

Each City Farm has its own idiosyncracies and method or organisation and the Cambridge City Farm will, we feel, develop its own personality as it goes along. For a start, the Cambridge Farm is going to be organic. It is also intended to operate as a collective (we have a comprehensive constitution, currently lodged with the Charity Commissioners for a first vetting, which is designed for collective decision making by those involved with the Farm), to act as a community resource in the educational sense (liaison with schools is envisaged) and in the traditional 'charitable' sense (raised beds for the elderly has been suggested).

We are now looking at sites within the City to act as a focal point for the Farm and its related activities. We also intend to fully utilise the existing pockets of land suitable for the Farm's needs: the commons, any waste-land, disused or neglected gardens and allotments, roadside verges and so on. The Farm could be self-financing through the sale of its products, charges for its educational services and by accepting grants, donations and subscriptions from the public. Our contacts so far with officialdom have all resulted in positive after-feeling on both sidesquite rare these days! All in all, the signs are excellent and we look forward to drinking Cambridge City Farm milk, eating City Farm vegies, eggs, fruit etc. etc. The potential for our farming activities is tremendous and all we need is more people involved at all levels to see most of that potential realised.

If you want to help set up the Cambridge City Farm, why not join our Steering Group? We hope to officially launch the Farm towards the end of March 1984 and have a myriad of tasks to complete before then, the more help the better! Or if you would just like to find out more about the whole thing, come to one of our fortnightly meetings and see what the project is all about. Failing that you can always contact me at 85 Brooks Road, tel. C. 245279 evenings, or have a quick chat at work in the Cambridge Free Press Printers' in Gwydir Street and ask me questions, discuss ideas etc. etc.

Mike Collins, Cambridge City Farm Steering Group

The Cambridge City Farms inaugural meeting will be held on 28th March. There will be a speaker and slides. Contact Mike Collins on C. 245279



Animals are important, too . . .

by Pete Whiting

The Animal Rights Movement is growing all the time as people become more aware of the cruelty inflicted on animals supposedly for the benefit of man. Many people are living their lives with regard for the animals around them by becoming vegans or vegetarians. Now one in thirteen people in Britain are vegetarian.

However, millions of animals are abused, killed or threatened every day in laboratories and factory farms by having their environment destroyed or being hunted down in the name of sport.

Because of the many levels of animal abuse many different animal welfare pressure groups have come into being, each tackling the different issues in their own way. These organisations range from the conservative RSPCA and RSPB to the more radical Animal Liberation Front and Hunt Saboteurs Association. The RSPCA and similar groups are campaigning for animal welfare using lawful means, i.e. the setting up of animal sanctuaries, the introduction of animal welfare inspectors and by pushing for reform through Parliament.

The British Humane Research Trust is a fund set up to investigate alternatives in research. An animal's physiology is totally different from a human being's. Thalidamide was extensively tested on animals before it was used to treat people.

The A.L.F. and H.S.A. go for more direct action, sometimes illegal. Animal Rights campaigners have been protesting peacefully for 105 years. Now a lot of people feel these methods to not work, especially since the publication of the Government's White Paper "Scientific procedures on living animals" which, should it become law (in 1984) will mean not only that it will be lawful to experiment on the same animal more than once but the continuation of experiments in which:

- (i) kittens have their eyes sewn up for brain studies
- (ii) dogs have fits and die after being force-fed tooth-paste
- (iii) guinea pigs are branded with hot brass blocks
- (iv) mice are force-fed with alcohol and when drunk made to stand upon moving rods until they fall off for co-ordination studies.

More - riot control agents will be sprayed into animals' eyes for sociological studies and L.D.50 (lethal dose 50) poisoning tests will continue. In these, cosmetics, household goods and drugs are used on live animals. A group of animals are given injections and inhalations until half are dead. In a majority of experiments no anaesthetic is used.

The A.L.F. seek to rescue animals from laboratories and factory farms and destroy offensive equipment. Groups like Animal Aid and British Union for the Abolition of Vivisection lobby M.P.'s, leaflet and demonstrate. The H.S.A. hold demo's and sabotage bloodsports meets by laying false trails, spraying scent dullers and blowing horns and whistles to split and confuse the hounds, often being beaten up by hunt heavies. At the same time the League Against Cruel Sports lobbies councils and Parliament to ban bloodsports.

Another organisation using direct action is Greenpeace, whose ships set out to protect whales and seals. Greenpeace also make a stand on environmental issues such as the dumping of nuclear waste at sea, which affects animals and humans alike.

Compassion in Farming protest at the cruelty of the battery farming system on chickens, turkeys, pigs, veal calves etc., on farms more like concentration camps than the traditional farm. A range of groups are opposed to the fur trade in which one coat is the product of 32 fox deaths - foxes reared for two years in atrocious conditions.

The Animal Rights, Peace and Feminist movements joined forces at the women s camp for peace and animal liberation at Porton Down biological and chemical warfare research establishment, showing the links between animal rights and the rest of the Green movement. It is for economic reasons that animals are abused, for economic reasons our environment is polluted, that nuclear waste is sold to be enriched for use in nuclear weapons. Wars have mainly economic causes.

The Animal Rights Movement consists of those who believe sentient creatures have rights and deserve protection from those of us who would destroy their homes, imprison, torture and kill them for our luxuries, greed and vanity, endangering our planet and all that exist upon it. ■

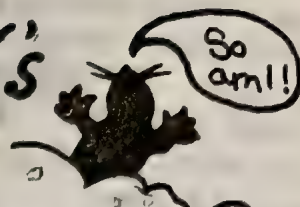
Nettles

Vegetarian Home Cooking Cafe and Take Away

6 St. Edmunds Passage, off Market Square



GREEN - FLY'S GROTTO



If you haven't already planned your spring/summer crops - then get moving! Order seeds for veg and flowers - also seed potatoes. Plan rotation and if you haven't tried it before why not experiment with companion planting - its nature's way of getting the best out of your garden and eliminating some of those nasty chemicals which ultimately destroy the nutrients in the soil and pollute the atmosphere.

THINGS TO DO - FEB/MARCH



FRUIT: complete pruning of trees - cut back soft fruit bushes

FLOWERS: prune clematis, buddleia, hypericum, wisteria, winter jasmine

VEGIES: sow broad beans, parsnips and jerusalem artichokes. Plant shallots if you didn't in December. Rhubarb needs manure and new crowns planted. Start sprouting early potatoes.

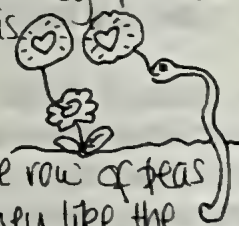
During March sow Cabbage, celery, carrots, leeks, lettuce, peas, radish, sprouts, early potatoes (end of the month), and onions.

Here are some 'companion' planting ideas:

CHIVES: under apple trees help prevent apple scab - chive tea* can be used as a spray against this too - also for mildew on gooseberries and cucumbers

NASTURTIUMS: in the greenhouse combat white fly - near broccoli they prevent aphids and under apple trees they keep away woolly aphids

RASPBERRIES: keep away from potatoes and blackberries.



POTATOES: earlies grow well with beans, cabbage and peas - plant double row of peas or broad beans alternating with 2 or 3 rows of potatoes - they like the nitrogen from pea roots. As earlies are earthed up, plant cabbage in between. Dead nettles and nasturtiums nearby aid potatoes.

LEEKs / ONIONS: aid carrots by repelling the carrot fly - plant alternate rows. Leeks also do well next to celery and celeriac.

GARLIC (and onions and shallots) inhibit the growth of peas and beans but garlic aids roses.

* NEXT ISSUE: how to make chive tea - also the value of stinging nettles as food and also liquid spray to protect plants against pests.

SEND YOUR COMMENTS / USEFUL INFO TO "THE GREEN FLY" c/o Greenwave mag, The gate-house, Fen Road, Milton, Cambs, CB4 4AF

THE NATURAL HEALTH SERVICE 15

We have reached a time when 'alternative' or 'complementary' medicine is no longer regarded as crank or weird, but rather it is building a bridge between orthodox medicine's model of the individual and the human reality.

FROM COCOON TO BUTTERFLY

It is just a year since 'The Whole Person Newsletter' was published in Cambridge - followed by a summer and an autumn issue of REALITY CHECKPOINT this magazine fulfilled a need - but we were aware of its limited wholistic content Inspired by some friends wanting to produce a 'green' magazine, we felt that this was the way in which we could produce a more wholistic publication SO

to this end the cocoon is changing to a butterfly and REALITY CHECKPOINT is being integrated into GREENWAVE Here you will find the directory of practioners and the events which were featured in REALITY CHECKPOINT - in future GREENWAVE's you will find articles on these subjects in this NATURAL HEALTH SECTION . . .
continued on bottom page 19

REGULAR GROUPS

BIO-ENERGETICS
Margaret Dyson
4 Kimberley Road
Cambridge 67311

TOUCH FOR HEALTH
Romy Paine
27 de Freiville Ave.,
Cambridge 354734

GESTALT PSYCHOTHERAPY
Brenda Biamonti
24 Hertford Street
Cambridge 62691
Womens Group: Mon 6.30
Mixed Group: Tues 6.30

Helen McLean
13 Oxford Road
Cambridge 350649
On-going starting
21st May 6 - 8 p.m.

16 EVENTS

NATURAL HEALING PSYCHOTHERAPY etc.

FEBRUARY

Sun. 26th - 'ART ARENA' WORKSHOP - The Studio,
28 Thompsons Lane, contact Cyril Mount
C. 212609



MARCH

Thurs. 1st - Lecture "FIVE ELEMENT ACUPUNCTURE AND
SLIDES OF CHINA" by Traditional Acupunc-
ture Clinic - Friends Meeting House 7.30.

Sat. 3rd - IRIDOLOGY WORKSHOP - contact Farida
Sun. 4th - Davidson - Crafts Hill: 81074

Sat. 10th - PSYCHOSYNTHESIS WORKSHOP - Interpersonal
Sun. 11th - and Transpersonal Psychosynthesis.
Contact Lyn C. 60227

Sun. 11th - 'ART ARENA' WORKSHOP - see above

Sat. 24th - TOUCH FOR HEALTH BASIC COURSE - Contact
Sun. 25th - Romy Paine C. 354734

Sun. 25th - 'ART ARENA' WORKSHOP - see above

Sat. 24th or DESPAIR AND EMPOWERMENT WOMENS WORKSHOP
Sun. 25th with Bee Sanderson. Contact Wendy Mulford
C. 244582 to confirm date.

Eve. 24th - GESTALT COUPLES EVENT with Helen McLean
Sun. 25th - 6 sessions £30 C. 350649

Eve. 30th - GESTALT COUPLES EVENT
Sat. 31st - as above

Sat. 31st - IRIDOLOGY WORKSHOP.
Sun. 1st - see above



MAY

18th/19th - DREAM WORKSHOP with Helen McLean
20th - Phone C. 350649

T H E
N A T U R A L H E A L T H S E R V I C E
D I R E C T O R Y

ACUPUNCTURE

Aberdy Clinic of Traditional Acupuncture - Philip Hodson
69 Blinco Grove, Cambridge, CB1 4TX C. 247004

Cambridge Traditional Acupuncture Clinic - Cindy and Ian
Rawlinson, Caroline Root, Alan Hoct.
2 Leys Avenue, Cambridge. CB4 4AF C. 316364

Cathy Lowenstein 38 Shelly Gardens, Shelly Row. C. 872350

ALEXANDER TECHNIQUE

Helen Jeffery, Central Cambridge. C. 316096

Jane Staggs-Watt, 31 Whitehill Road, Cambridge. C. 241067

Dr. E.H. Tarmy, Woodlands, Brinkley Road, Weston
Colville, Cambs. West Wratting. 695

AROMATHERAPY

Peter Jackson 29 St. Vincents Close, Girton. Camb. C. 834846

ART - EDUCATION

Rhea Monro, CALA., 27 Warkworth Street, Cambridge. C. 276500

ART - GESTALT

Cyril Mount, 4 David Street, Cambridge. C. 212609

BACH FLOWER REMEDIES

Roger Savage, 96 Blinco Grove, Cambridge. CB1 47S C. 242828

BIO-DYNAMIC MASSAGE

Gill Westland, 2 Argyle Street, Cambridge. C. 210240

BIO-DYNAMIC PSYCHOLOGY

Clover Southwell, 1 Fir Tree Cottage, Cornish Hall End,
Braintree, Essex. Gt. Sampford. 595

BIO-ENERGETICS

Margaret Dyson, 4 Kimberley Road, Cambridge. CB4 1HH C. 67311

BUDDHIST SOCIETY

Lynsey Fielding, 100 Mawson Road, Cambridge. C. 312713

CHIROPRACTIC

Dr. Peter Millbank and Dr. Neil Broe, Members of the
British Chiropractors Assoc., 19 Hamilton Rd. Camb. C. 312020

18 COUNSELLING - Young People's (12 - 35)

33 Clarendon Street, Cambridge.

C. 316488

COUNSELLING - Co-Counselling

Joan Henriques 34 Gt. Eastern Street, Cambridge.

C. 210305

GESTALT PSYCHOTHERAPY

Helen McLean, 13 Oxford Road, Cambridge.

C. 350649

Brenda Biamonti 24 Hertford Street, Cambridge.

C. 62691

HERBALISM

Cambridge Herbal Clinic, 84 High Street, Gorton. Madingley: 210077

Farida Davidson, I.I., M.H., N.D., Bright Haven, Robin's Lane, Lolworth, Cambridge. CB3 8HH

Crafts Hill: 81074

HOMOEOPATHY

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Peter Jackson - see 'Aromatherapy'

Brenda Mallen - 25 Hemmingford Road, Cambridge.

C. 212521

METAMORPHIC TECHNIQUE

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Castle Hill, Cambridge.

C. 323299

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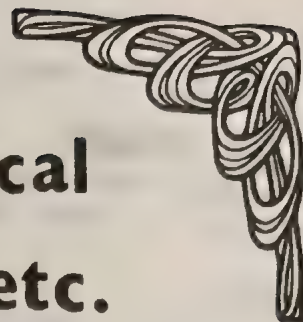
C. 68227

Margaret Schofield

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Back issues of Spring, Summer and Autumn REALITY
CHECKPOINTS containing articles on Homoeopathy,
Iridology, Gestalt Therapy, Psychosynthesis, Polarity
Therapy, Aromatherapy etc. are available from us
(order form on page 35) at 40p each + 20p p & p.

EVENTS**Social - Political
Women's - etc.****FEBRUARY**

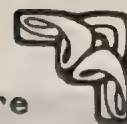
- From 13th - For three weeks - "COUNTRYSIDE AT THE CROSSROADS" EXHIBITION - Huntingdon Greens At Huntingdon Library - contact Sue Everett 7 Church St., Fenstanton, Huntingdon. Tel: day 0480 56191 eve 0480 68353
- Fri. 17th - ALCONBURY PEACE CAMP DISCO - Floods Wine Bar 7.30 p.m. £1.00 St. Ives
Live performances
- Sun. 19th - E.N.D. (European Nuclear Disarmament) Meeting Campaign Against Namibian Uranium Contract 7.30 p.m. 104 Mawson Road.
- Tues. 21st - S.A.N.P. (Scientists Against Nuclear Power) "Plutonium Exports - Civil or Military ?" Seminar Room, Darwin College.
- Fri. 24th - CEILIDH with Stacey's Braces - in aid of Cambridge Conservation Corps, 8 p.m. Coleridge Community College, Radegund Rd., for details ring, C: 246608
- Sat. 25th - WOMEN AND EMPLOYMENT at Womens Resources Centre 10 a.m. - 4 p.m.
- Mon. 27th - Evening POST ABORTION COUNSELLING GROUP 2 sessions also 3.3.84 contact Sue Gibbons C. 312811

**MARCH**

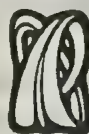
- Thurs. 1st - 'GIVE US A SMILE LUV' a video from Leeds Animation Workshop + Women's Aid speaker. Womens Resources Centre 8 p.m.
- Sat. 3rd - POST ABORTION COUNSELLING GROUP see above

MARCH (cont.)

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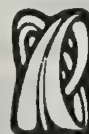


- Sat. 3rd - "WORK FOR THE FUTURE" - Wesley Centre
- Thu. 8th - SETTING UP A CO-OPERATIVE - Marion Barnett
8 p.m. Womens Resources Centre
- Thu. 15th - NATURAL CHILDBIRTH a video 8 p.m. Womens
Resources Centre
- Thu. 22nd - MENOPAUSE - Sheila Bly - 8 p.m. W.R. Centre
- Wed. 21st - ECOLOGY PARTY MEETING - Eagle Pub, Benet St.,
7.45 p.m. Contact Lyn C. 60227
- 24th or 25th - DESPAIR AND EMPOWERMENT WOMENS WORKSHOP
with Bee Sanderson - contact Wendy Mulford
to confirm date and venue. C. 244582
- Wed. 28th - CAMBRIDGE CITY FARM - Inaugural Meeting -
Speaker and slides, possibly at Fisher Hall -
Ring Mike Collins C. 245279 to confirm



APRIL

- Sat. 14th - 'THE WORLD NEEDS NOW' with Jonathan Porritt
of the Ecology Party; Satish Kumar from
the Schumacher Society; Peter Cadogan
historian and campaigner, chaired by
Margaret Wright. St. Matthews School,
East Road, 2.00 p.m. Creche and refreshments
- Sat. 28th - GREEN DAY - Cambridge Area - St. Michaels
Hall, Trinity Street, 10.30 a.m. - 4.30 p.m.
- a bringing together of alternative/green/
wholistic groups in the area - stalls,
food and much more.



MAY

- 11th - 25th "MEET THE ENEMY" with Jim Garrison author
of "The Russian Threat" visiting Moscow,
Vilnins, Talin, Leningrad £349.00 -
contact Claire Ryall C. 350917

Regular Groups

HUNTINGDON GREENS - meet first Thursday each month -
upstairs in Falcon Inn, Huntingdon, 7.30 p.m. Contact
4, Bridge House, St. Ives. Cambs.

The Broad Green View

BY MARK PALMER

Just what is this 'green movement' anyway? How many members has it got? Whose in charge? What's it trying to do?

What is developing under the general heading of the 'The Green Movement' has at its roots a way of viewing our world which is so profoundly different from that which most of us are accustomed to that it may be many years before most of us can fully absorb all its implications.

In terms of 'organisation' we find that most of the old labels simply don't apply and, as you're probably aware, most of the questions above are simply not relevant.

The Green Movement in Britain

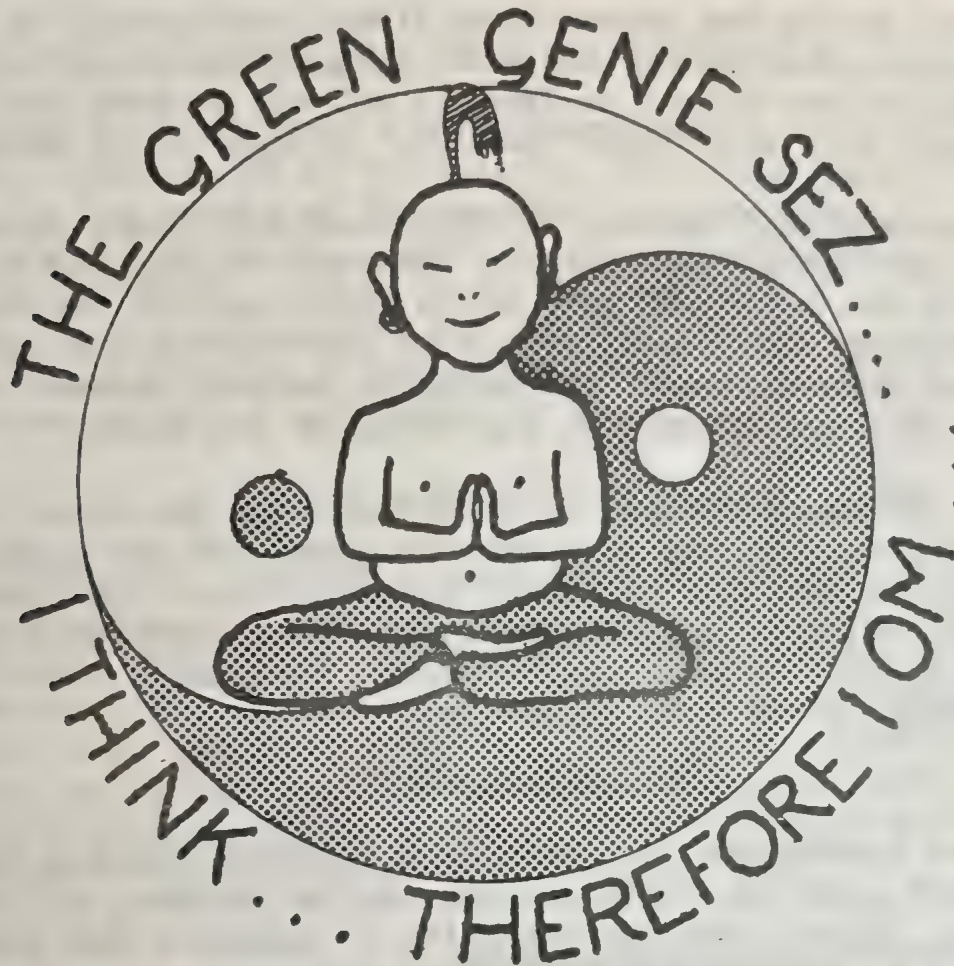
In this country we have a national collective which has the task of organising the national Green Gatherings, and a national magazine, 'Green Line' which is produced once a month from Oxford. We also have a political party, the Ecology party, though the relationship between this and the wider movement is by no means clear-cut or universally agreed upon, and, of course, changes as time goes by. Other than this the green movement is best described as a network, a loose association of individuals and groups which has no 'membership' or 'leadership' as such. Being more open and flexible than traditional, formal ways of organising it is more able to change and grow and to unite large numbers of characteristically independent individuals, working in their own ways for their own reasons but sharing sufficient common ground to unite them under the 'Green' banner.

As Theodore Roszak said at the 1977 World Symposium on Humanity;

'In our time a secret manifesto is being written. Its language is a longing we read in one-another's eyes. It is the longing to know our authentic vocation in the world, to find the work and the way of being that belong to each of us'

A Broad Green Perspective

It is the ideas which most of us associated with the term 'Ecology' which lie at the heart of the green view; ideas like balance and harmony, growth and change; a sense of awe and respect for our world viewed in its most minute and intricate detail - but also on a global scale, seeing all the individual parts as essentially inter-related and forming a unified whole which is greater than the sum of those parts.



We can apply the same ideas of balance and harmony to our own consciousness, the means by which we view ourselves and our world. As philosopher/psychologist William James put it:

"There are two ways of knowing things, knowing them immediately or intuitively, and knowing them conceptually or representatively. Although such things as the white paper before your eyes can be known intuitively, most of the things we know, the tigers now in India, for example ... are known representatively or symbolically." (1)

The second kind of knowing which William James refers to has been dominant in the western world for many years now. Success in this intellectual, analytic knowing is rewarded with money, status and power. This kind of thinking has been termed 'masculine' consciousness, and here I must stress that this is masculine as distinct from male consciousness. It is the caricature image of the sex-role stereotype which would have us see this type of thinking as more 'natural' to men.

Our education system has been geared almost exclusively to developing this kind of thinking, which is largely the function of the left half of our brain, so that in effect, we have been taught to only ever give 'half our mind' to what we're doing!

To achieve balance and harmony within ourselves, then, to replace the hole in our heads with a whole, involves valuing and developing equally our right and left brain thinking; our intellect and our intuition, not seeing either as superior to the other. Both forms of consciousness, operating in harmony, create a whole which is greater than the sum total of its parts.*

Either form of consciousness, in isolation from the other, has severe limitations. In the west we have dismissed our right-brain, feminine thinking as 'mere' fantasy, 'just' imagination and the like, while in eastern philosophy this other kind of knowing has maintained a central place of importance, the prejudice being in the other direction.

The Turning Point

Our exclusive dependance on left-brain, analytic knowing has given us great skill in exploring reality by dividing it into its component 'bits', but our inability to perceive the inter-related parts as a whole has lead us to a crisis point which is currently affecting almost every aspect of our society.

For example, in medical science, the idea that we could understand human beings, either in sickness or in health, by simply studying them in their component 'bits' has come up against its inability to deal with the major diseases of our time. The Holistic view, seeing humans as mind, body and spirit forming a

* Footnote - for example, in formal education, when more time is given to right-brain 'arts' activities, it has been found that performance in left-brain, formal subjects markedly improves, even though less time is being given to these. See Peter Russell, 'The Brain Book' (Routledge & Keegan Paul Ltd. London 1982) pp 55-56

complete and inseparable whole, is now gaining recognition. Whereas only a few years ago this view was exclusive to those seen as alternative 'cranks' the last twelve months has witnessed the establishment and rapid growth of the British Holistic Medical Association amongst orthodox medical practitioners themselves.

We tend to think of scientific thinking as the furthest extreme of analytic thought, and perhaps because of the extent to which this is true, scientists are among those now being forced to acknowledge the limits of this kind of knowing and to glimpse what lies beyond it.

The New World View and the Growing Minority

'The general notions about human understanding which are illustrated by discoveries in atomic physics are not in the nature of things wholly unfamiliar, wholly unheard of or new. Even in our own culture they have a history, and in Buddhist and Hindu thought a more considerable and central place. What we shall find is an exemplification, an encouragement, and a refinement of old wisdom.'

Julius Robert Oppenheimer 1954 (2)

The very foundation of scientific method was the division of the world into component parts - what may be measured as distinct from the measurer, what may be observed as distinct from the observer. Now we find, according to another Sub-Atomic Physicist, Fritjoff Capra, that this same science ... 'no longer sees the world as a machine consisting of separate objects, but rather as an organic whole or network, a web of relationships, which include the observer in a very essential way.' (3)

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26 Referring to this new, holistic, 'green' perspective as the 'systems' view, the title by which it is gaining scientific respectability, he goes on:

'... in biology, in medicine, in psychology, in economics, in physics, the systems view is the minority view, but it is the growing view. It is not only advocated by scientists, it is also advocated as more general ecological awareness by various social groups and various movements and they are all just about to flow together into what I call the rising culture ...'

'You can take sides and take your choice, but these are evolutionary patterns that happen in very long time spans and are bound to happen. So the rising culture is bound to rise and eventually take over the take the lead.' (4)

(1) MCDERMOTT John J. The Writings of William James. (New York Modern Library, Random House 1968) p. 155

(2) OPPENHEIMER J.R. Science and Common Understanding. (Oxford University Press, London 1954) pp 8-9.

(3) CAPRA FRITJOF The Listener. 11th March 1982 p 12.

(4) CAPRA FRITJOF The Listener. 18th March 1982 p 12.

See also F. Capra 'The Turning Point' (Wildwood House 1982)

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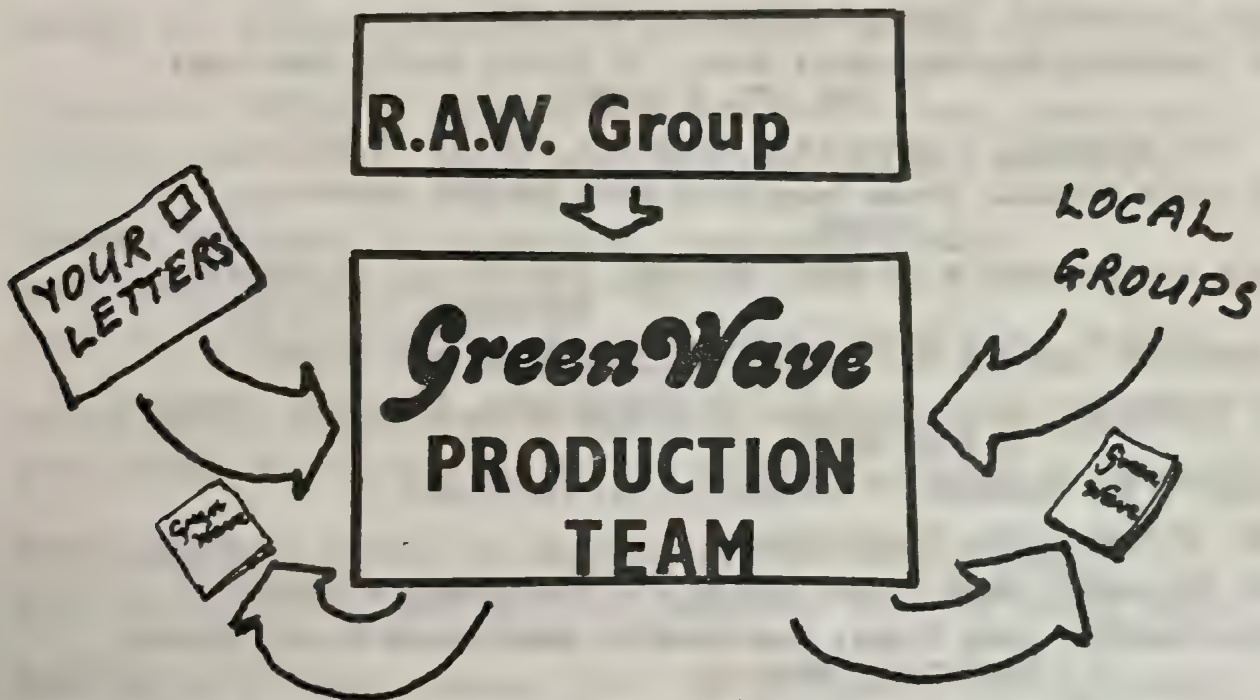
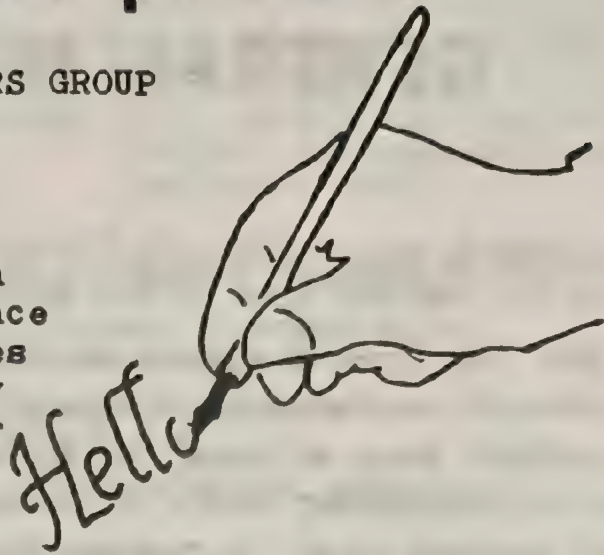
REMEMBER : First R.A.W. group meeting ... MARCH 12th. 8p.m.
at THE EAGLE Pub. Benet Street, Cambridge. See you there!

The *GreenWave* process

27

THE READERS, ARTISTS AND WRITERS GROUP

The initial meeting will be on Monday 12th March from 8 p.m. onwards at The Eagle pub on Benet Street. We hope this can be a way for readers to influence the direction the magazine takes by being involved with actually creating the contents. Whether you want to write, or simply discuss the ideas the magazine reflects, come and join us.



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TEACHERS FOR PEACE 11 Lindwood Rd, Cambridge. C.66232.

URBAN FARMS George Thorpe, c/o FOE.

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WOMENS CENTRE 49a Burleigh St, Cambridge (entrance in Paradise St).

WOMEN OPPOSE THE NUCLEAR THREAT c/o The Womens Centre. C.214005 (El-
speth).

WOMENS RESOURCES CENTRE 7c Station Rd, Cambridge. C.321148.

WORK FOR THE FUTURE Marion Mutch, Cambridge Students Union, Round
Church St, Cambridge.

WOODCRAFT FOLK Jeremy Symes, 180c High St, Chesterton. C.322686.

Greenwave magazine originated out of a feeling that, although each of the single pressure groups in and around the Cambridge area were doing a great job in getting their single issues covered, they would surely have more impact if there was more existing support both between them and from the public at large.

So we began to formulate ideas about creating some sort of 'directory' and events catalogue, which would mean that each group could become more aware of their inter-connectedness, and also see what each group was up to. The list we have come up with is by no means complete, nor is it meant to be indicative of what we consider 'important' or 'Green'. It has emerged out of a lot of searching, which of course has been as limited as our resources. This is only a beginning of something which has so much potential; I guess what we have could be seen as examples of what we want. So...

If you know of any group or happening which should be included, please drop us a line - why not now - why not now, while it's still on your mind?



BOOK REVIEW

The dawning of Aquarius - - -

by Mo

Marilyn Ferguson has written openly and directly of her view of the Aquarian Age which is rapidly descending upon our old, dark, decaying Piscean one. Her vision is rightly (surely) one of a person-centred society. Humankind has spent centuries building an intensely mind-operating world, and as it dawns upon a battered few that maybe an answer lies in liberating the soul and the body, releasing them, weaving their energies, allowing them to interact together with the mind on an equal footing, we are gradually discovering that unique, peaceful, powerful sensation that only that can give.

In that, surely, lies all "our" aspirations for the new world. A truly balanced people has no place for inequalities/imbalance of any kind. Of, for example, male and female, symbolising in total all inequalities: black and white, the land and the human being, human and animal, animal, material and spiritual, the strong and the weak, feeling and intellect, body and mind.

And through this, we are knowing each other, ourselves and the world evolving around us in a very beautiful way, so that our hopes and values are much more simple, and much less illogical, much more in tune with the universe, much more ourselves.

"Our past is not our potential. In any hour, with all the stubborn teachers and healers of history who called us to our best selves, we can liberate the future. One by one, we can re-choose - to awaken, to leave the prison of our conditioning, to love, to turn homeward, to conspire with and for each other.

Awakening brings its own assignments, unique to each of us, chosen by each of us. Whatever you may think about yourself, and however long you may have thought it, you are not just you. You are a seed, a silent promise. You are the conspiracy."

Marilyn Ferguson "The Aquarian Conspiracy - personal and social transformation in the 1980's" Paladin Books, GRANADA, 1983

The recent, but short lived, Alconbury Peace Camp 'Mark 2' saw the launch of a call for a county wide referendum on the scheduled deployment of Cruise missiles at Molesworth.

A call for the County Council to conduct such a poll has already received the backing of Janet Jones (leader of the Labour County Council group), Chris Bradford (Liberal group leader), and Brian Whitt (Chairman of the local SDP Area party). Given the wafer thin Tory majority on the County Council, and given this cross party support, a referendum is a real possibility. If we get one we could win it even in this traditionally Tory shire.

What we need is to build up pressure for a referendum.

If you want to help contact:- Richard Oldfield

4 Bridge House, St. Ives, Cambs.

Tel. 0480 (St. Ives) 63054

Richard Oldfield

Acid Rain

ECO

SAYS

NO!

When any fuel which contains sulphur, such as oil and coal, is burned, some of it oxidises to give sulphur dioxide. A little of the nitrogen in the air also oxidises to give nitrous oxide. These both get into the atmosphere through the power station chimney, and when it rains they dissolve in the water to give dilute sulphuric and nitric acids.

Although all countries suffer from their own acid, those who suffer worst are countries which lie to the northeast of industrial areas, because the prevailing winds are southwesterly (Canada, Scandinavia etc.).

The results of acid rain are that lakes lose their fish, trees die slowly and stone statues dissolve.

32 Although this is clearly happening(look at the black stonework in Cambridge!) the response of the Coal Board and Electricity Board(NCB and CEEB) is to commission a 5 year study which, to quote a Canadian Minister, is like saying"It looks like a skunk, it walks like a skunk, it smells like a skunk, but without a lab report we can't be sure."

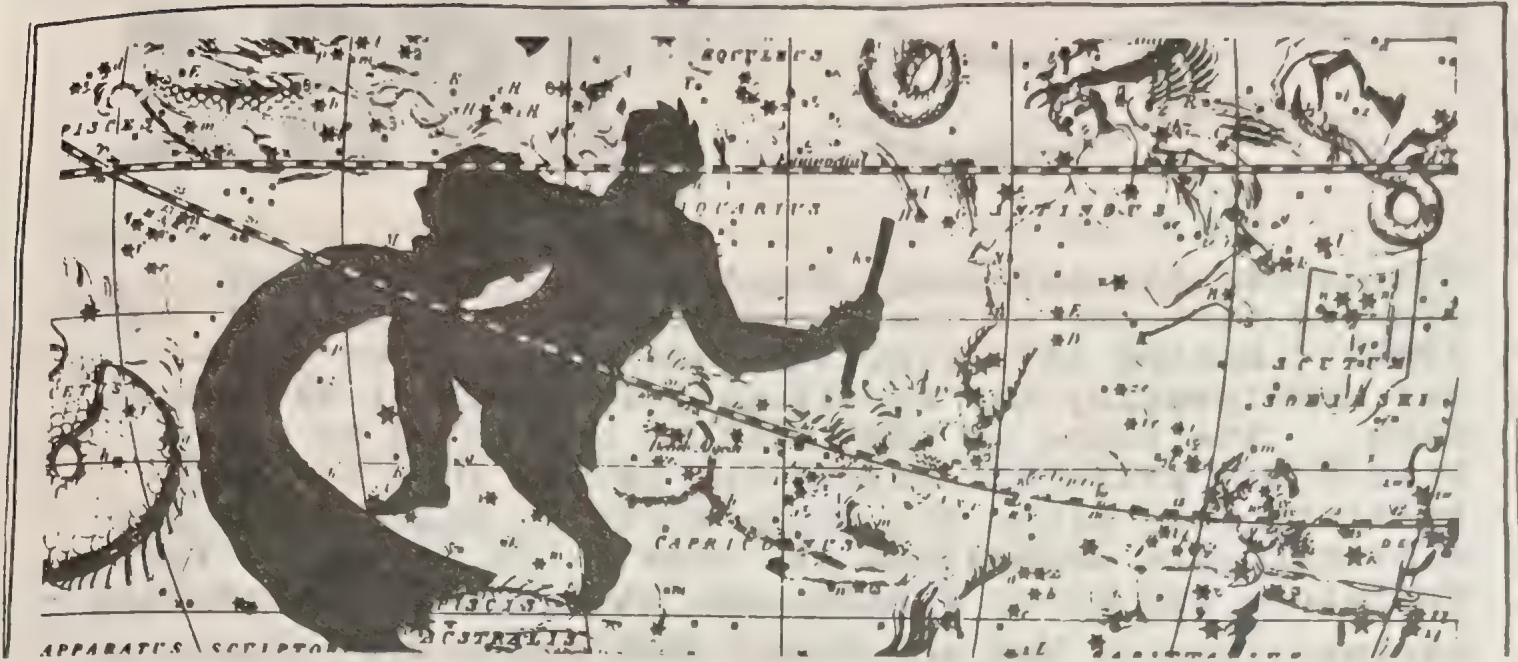
To draw attention to this the Ecology Party held a demonstration outside the Electricity Board showroom in Cambridge before Christmas. This brought press coverage in the Cambridge Evening News and on Radio Cambridge. London demonstrations were reported in the Guardian.

The major problem is that although there is technology available to reduce the effect, these are not total solutions. The only real way is to stop making electricity this way. We must start to harness the power of the sun directly to heat our homes, we must insulate to reduce demand.

In this and future editions (see FoE article) Green-wave will cover various aspects of the energy question. Making positive proposals on how individuals can reduce their contribution to pollution, and policies that can be proposed to politicians on how to provide for genuine human need without damaging the environment. The editors welcome contributions on this, or ideas that lead to contributions. It's no good simply moaning about what we don't want - we have to provide a mechanism for achieving it.

More details from:- Acid Rain Information Group
258 Pentonville Rd, London NI.

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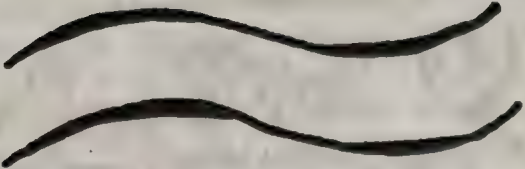


HOROSCOPE OF GREENWAVE MAGAZINE

BY: PRUDENCE JONES

Behind its journalistic, colloquial presentation, GREENWAVE is a magazine for the New Age, as is shown by its Sun and Mercury in Aquarius at the midheaven, and its Moon in Virgo, appealing to an ecologically aware, health-conscious readership. The function of the magazine is to put some powerful new ideas across in a form which everybody can understand, and a lively letters page can be expected in reply. In fact, correspondents may well be more radical-minded than the editors (Moon's North Node in Gemini, on Ascendant, Mercury most elevated planet; Uranus on 7th house sextile Mercury). Written contributions, drawings, letters, support, are both welcomed and, to judge from the horoscope, expected!

The two medical signs, Virgo and Scorpio, are emphasized, to the extent that GREENWAVE's missionary zeal about alternative medicine and therapy may clash with its desire to communicate clearly and informatively. If this magazine gets too didactic, write in and argue! Exchange of views is the essence of this publication, but it will also teach, by encouraging and inspiring people in their own viewpoints. It will be able to bring out the best in other people's ideas and values.



Now, on to the astrology for this year. The year started with one of the great planetary lineups of the 1980's, making life seem very serious, indeed joyless, for most people, and so bringing about a lot of depression. The whole of 1984 will be dominated by idealistic and political objectives rather than by opportunistic fun, since the signs Scorpio, Sagittarius and Capricorn are emphasized all year. It is a time for religious and moral fanaticism, with a healthy reaction against this in May and June, when basic self-interest and common sense will prevail against the moral posturing which dominates us for the rest of the year. The planetary conflict of May and June each year was embodied in riots in 1980 and 1981, in the Falklands war in 1982, and in 1983 the General Election campaign. What price 1984 ?

Revolutionary changes could come about in medical thinking. The whole concept of healing is up for discussion as hitherto occult theories gain experimental backing. 1984 could be the big year for anybody involved in alternative medicine, especially the months of October and November, but these same cleansing and healing impulses, when applied to the political scene, could be less congenial.

The entry of Jupiter and Neptune into the earth sign Capricorn brings a new sense of idealism to practical matters. Medicine, nutrition, farming and ecological matters generally will be highlighted. The money markets may lose their bearings, and the concepts of solvency and liquidity will be up for a rethink. Borrowers beware.

THIS COLUMN

Issue by issue, the astrology column will examine what has gone on in the eco-spiritual world, relate it to current trends, and forecast the coming critical dates. With luck, readers should find that their own problems and interests start to make sense as part of a world development, outlined in the movements of the planets.

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FEEDBACK...

Inevitably our directory and events sections will have many glaring omissions at this stage. Please help us by letting us know of any groups or events you know of to go in the May - June and following issues:

Title of Group

Name and address of contact.....

Details of events

ADVERTISE IN GREENWAVE - to help us and help yourself.
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Cambridge Area Green Day

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A Cambridge Area "Green Day" is happening on April 28th at St. Michael's Hall, Trinity Street, from 10.30 a.m. - 4.30 p.m. It was derived from the same kind of ideas as Greenwave: to bring people together and to let them know what is going on in the alternative/Green/futurist areas. We hope to have most of the groups that are listed in Greenwave along, together with a few others. Hope you can come!

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